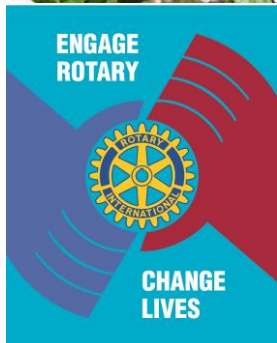




The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Connie Ayers – John Muir Trail Journey



Date:	January 31, 2014
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Scribe:	David Still
Photog:	Mike Ferguson
Co-Editors:	Jack Dunlap / Tom Boag <input checked="" type="checkbox"/> The Dilleys
Club President 2013/2014:	Bob Rogers



"All the News that Fits We Print"

Before the Bell



Another beautiful day in Sebastopol. **Rick Wilson** greeting as usual, **Ron Puccinelli** selling those Super Bowl Board Squares, and **Mark Fink** keeping the accounts. **Jack Blasco** making meticulous records. This club is a well-oiled machine.

At the Bell

President Bob called on **Paul Yeomans** to lead the *Pledge of Allegiance*. **Keller McDonald** invoked the memory of the late great **Pete Seeger** by leading the group singing *This Land is Your Land*.

President Bob called on **Bob Reeves** to deliver the thought for the day. **Bob Reeves** did not answer - not being anywhere to be found. **President Bob** tossed the hot potato to **Sergeant at Arms Tom Dilley** who flipped it to **Richard Power** who had a thought ready to go –

"Change is not always progress."

Upon reflection, most of the club began searching for **Bob Reeves**.

Visiting Rotarians and Guests

Visiting the club today was the esteemed **District Governor Helaine Campbell**.



🍏 Future Programs 🍏

February 7, 2014
Program: Crab Feed Setup No Program

February 14, 2014
Speaker: Mike Long
Program: The Newlywed Game

February 21, 2014
Speaker: Susan Swartz
Program: Life After Newspapers

February 28, 2014
Speaker: Chief Jeff Weaver
Program: Sebastopol Police Update

March 7, 2014
Speaker: Dr. Frank Chong
Program: SRJC Update

March 14, 2014
Speaker: Christina Olds
Program: Pacific Air Museum

🍏 Future Events 🍏

Saturday Feb. 8 – CRAB FEED

🍏 Handy Links 🍏

[Pinot for Polio Form](#)
[Scribes and Photogs](#)
[Sebastopol Rotary Website](#)

🍏 Miscellany 🍏

Next Board Meeting

Date/Time: **Tuesday, Feb. 18th, 5:30 p.m.**
Location: **President Bob's Home** (Address in C/R)

MAKEUP NOTIFICATIONS – icblasco@comcast.net
On-line Make-Ups: www.RotaryEClubOne.org

INTERACT MAKE-UPS – HAVE YOU TRIED IT?

Analy High: 12:40 Most Wednesdays In Choir Room
(Check with Bob Hirsch, Jack Dunlap, Ted Baggett)
Brook Haven: 12:10 First & Third Thursday, Room 18
(Check with Pauline Pellini, Mike Carey)
Hillcrest: 3:30 Every First Thursday, (Chk @ Office)
(Check with Troy McAdams, Bill Cole, Tony Given)
Orchard View: Different meeting times
(Check with Mike Carey)
Twin Hills: Every Other Tuesday 12:45pm - 1:20pm
(Check with Dan Rasmus)

For all Interact Mtgs.: CALL AHEAD TO CONFIRM MEETINGS

!!! CHECK IN AT SCHOOL FRONT OFFICE FIRST !!!

Also soon-to-be Sebastopol Rotarian but still Sebastopol Sunrise Rotarian Linda Johnson was introduced.



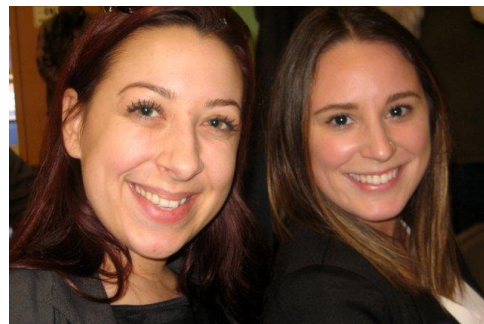
Enough guests today to keep the scribe scribbling.

Dave Madsen introduced Richard Ray from Wells Fargo Bank. Welcome Back Richard.

Gene Nelson introduced Alice Tucker who, he said, is actually **Mark Stevens'** guest but who didn't want to be seen with him.



Mark Stevens introduced two guests who did want to be seen with him - colleagues Kimberly Claypool and Emi Sides.



Pauline Pellini introduced three Interactors from Brook Haven Isabel, Maki and Mariam.



Larry Ford introduced his guest Kit Daine and also his wife **Gerry**.

Speaking of wives of Rotarians, there were quite a few.

First Lady Peg Rogers was introduced.



Norm Stupfel brought his wife **Judy**.

David Still introduced his wife **Nan**.

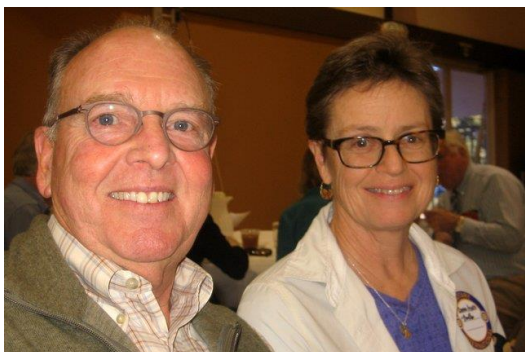


Edwin Wilson brought his wife **Diana**.

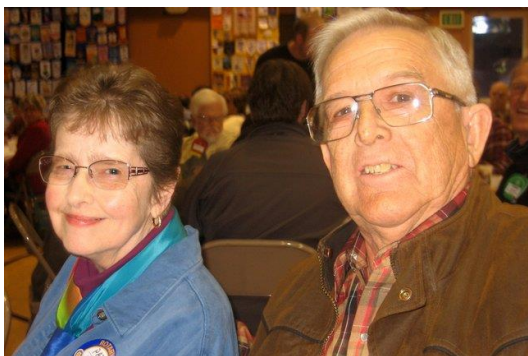
Richard Power introduced his wife **Trish**.



Harry Simms was accompanied by wife **Susanna**.



Mark Stevens' introduced his wife and presenter **Connie Ayers**, but only after some prompting and a \$5 fine. **Mark** made a comment about **Connie** being the speaker, but it earned him little slack since she is his wife after all.



Tom Dilley introduced his bride of fifty years, **Pat**. In honor of their long term relationship **Tom** announced that we would all eat cake. He also garnered a \$10 fine from the **President**, which was paid by **Richard Power**. Goes to show that achieving 50 years of wedded bliss has its benefits.



Crab Feed February 8

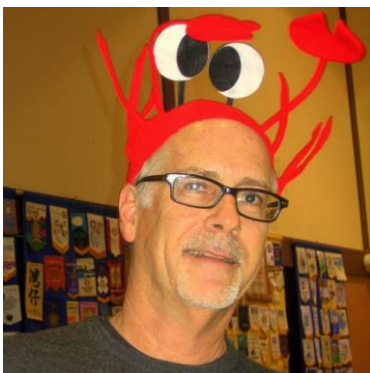


Rick Wilson was called upon to give an update on the upcoming Crab Feed. When the President pointed out that **Rick** was without the traditional Crab Feed Hat necessary for all important Crab Feed announcements and hence in line for a \$20 fine - **Rick** let out an expletive that must be deleted in this document. It sounded something like the **Gene Nelson's** standard "OH Pickles!"

After he composed himself and donned the appropriate Crab hat - **Rick** announced that there were still 35 tickets to sell for the 5pm seating and 17 for the 7pm seating. We really really want to sell this event out and post the "Sold Out" banner on the roadside signs.



On February 7th, the work on crab prep begins at 8 am sharp at **Greg Gill's** landscaping business yard. There is plenty of work to do that day and everyone is welcome to pitch in. **Rick** also wanted to mention that during the actual Crab Feed only those with cooking assignments should be in the kitchen at the Holy Ghost Hall.



Green Badger **Dave Peterson** was introduced as next year's crab feed Cleanup Crew Chief. He should do a great job; he is already trying to convince people to volunteer - for next year. Since President Bob has been unable to hit Dave up for any fines so far this year he asked him to take a quick quiz about Rotary. When asked to name the Rotary District that our club is in, **Dave** answered 315 instead of the correct 5130. **Dave** was fined a quick \$20. Maybe this question should have been saved for a meeting when the District Governor was not visiting.

The Crab Feed raffle is shaping up well. A few more raffle ticket sellers are needed - they will be outfitted with special hats to make them stand out. **Dave Madsen** is looking for a couple of greeters for the 7pm seating.



Jack Blasco gave his final pitch for volunteer help. He is still looking for someone to give away free wine. How hard can that job be? Also someone who can proudly spend several hours in the bar is needed - no special qualifications needed there. Time is short - sign up now - Don't make **Jack** get crabby.

🍎 Announcements 🍎

Ron Puccinelli announced that there are only a few squares left on the SREF Super Bowl Board.

Paul Yeomans announced that the dictionaries are ready to be delivered. **Paul** sent out a recent email to this effect. In reality, **Paul** didn't send it out but had **Aleia Coate** send it out. He was fined \$20 for using a bank manager as a secretary and for possibly not knowing how to use Club Runner.

President Bob thanked **Monica Kretschmer** for her work in putting together the very successful Happy Hour at Woodruffs. It was well attended and lots of fun. Also getting a presidential shout out was **Troy McAdams** for organizing a Pomo campground cleanup day and having 85 Interact kids show up.



The dates for this year's Breaking Bread Together Dinners - formerly known as Friendship dinners - are March 15 and March 22.

🍎 Recognitions 🍎



Keller McDonald has been selected as Sebastopol Citizen of the Year and will be honored on February 6, at 6pm at the Sebastopol Center for the Arts. **Keller** just said that Sebastopol is the best place on earth to be and his quote earned him a \$20 fine. He was also fined another \$10 for a recent duck hunting trip wherein he shot a lot of ducks and \$5 for his birthday. **Mia Del Prete** was fined \$10 for nominating **Keller** [Keller happily paid **Mia's** fine –Ed.]



Several other Sebastopol Rotarians have received this honor in the past including; **Brad Benedetti**, **Craig Campbell**, **Aleia Coate**, **Dan Davis**, **Mel Davis**, **Dave**

Madsen, **Frank Mayhew**, **Kathie Mayhew**, **Tim Moore**, **Gene Nelson**, **Hal Pellini**, **Pauline Pellini**, **Harry Polley**, **Mark Sell**, **Ken Silveira**, and **Norm Stupfel**. Good company indeed.



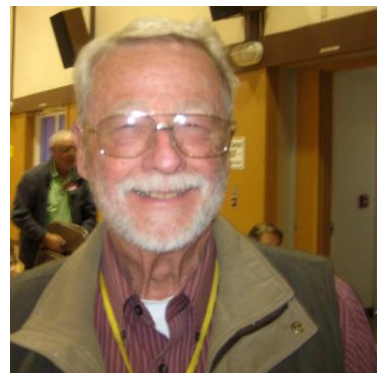
Paul Harris Fellows then took the stage for recognition. Green badger **Harry Simms** is now a Paul Harris fellow. Joining **Harry** were **Norm Stupfel** (+7) **Edwin Wilson** (+5), **David Schriebman** (+4) **Maureen Doerken** (+4), **Pauline Pellini** (+4), and **Jack Dunlap** (+1).





Guy Smith was called upon for his October 16 birthday and his recent disappearance. **Guy** has been working on an environmental project (aka logging a forest to make room for baby trees) and has been out of pocket for a while. **President Bob** gave **Guy** a Rotary Quiz about Paul Harris. **Guy** guessed that Paul Harris attended Princeton when the true answer was Princeton plus two other prestigious schools so the choice should have been "all of the above." **Guy** quipped that he went to lots of colleges too but it still cost him \$30.

Steve Beck took a recent trip to seven European countries and only sent President **Bob** a photo of himself eating birthday cake. He claimed that the photos had not been sent properly by his wife Terry but he was fined \$40 anyway. [Steve was lucky to have escaped Paul Yeoman's fate, see above –Ed.]



The Raffle [AKA Rotarian Powered Slot Machine]



Three unsuspecting guests arrived after lunch to see the program about **Connie Ayers** and the John Muir trail. Little did they know that they would be dragooned into becoming a human slot machine for the amusement of the assembled Rotarians.

Harry Simms held the winning ticket. The three bewildered guests, now a virtual slot machine included Carol Watanabe, Sally Rasberry and Shelly Willard. As the bells rang, the human machine revealed a tangerine, a lemon, and a garlic clove. Awww, that's too bad...sorry...better luck next time.

Ken Jacobs assisted **President Bob** by telling the human slot machine that they could disassemble. Since **President Bob** had already told them, **Ken** was fined \$5.



The Program – John Muir Trail Journey



Connie Ayers was introduced as our speaker by hubby **Mark Stevens**. **Connie** brought a slide show of her recent backpack trip on the John Muir trail. **Connie** began backpacking only recently but was inspired by a climb of Mt Whitney when she turned fifty. She resolved to hike the John Muir trail when she turned 60. She took several shakedown and warm-up hikes to get ready. Surprisingly, she was unable to get anyone else to go with her.



The John Muir trail winds 220 miles from Yosemite to Mt Whitney through five national parks and wilderness areas. Heading south from Yosemite through the high country, the trail gains and loses elevation through several mountain passes with a total elevation gain of 46,000 feet, the equivalent of one and a half climbs of Mt Everest. No wonder **Connie** couldn't find people to hike with her.

On day three, she had a slight set back by twisting her knee but she carried on. The slides showed her hike through absolutely magnificent country. She periodically stopped for resupply. She also met several other hikers along the way, sometimes hiking with them, sometimes not. At one point she saw the Yosemite Rim Fire in the distance which caused some wonder – how can just a forest fire be so huge?



Connie hiked from August 15 through September 9. She recommended the Evolution Basin as the most beautiful spot on a continuously beautiful trail. She finished with an eleven mile hike down from Mt Whitney, snapping photo after photo with her I Phone. She said that her mantra on the hike and answer to those who would ask her why she did it, was simply stated " If you can do a dream, don't not."



🍏 The Closing Bell 🍏

President Bob adjourned the meeting right on time at 1:30 pm. **Connie** stayed to answer a multitude of questions and to show the little bitty tent and some of the gear she used.

🍏 After The Closing Bell 🍏

The second Super Bowl board sold out. It is a good thing because the most entertaining part of the game was watching the boards after each score.

It Rained.

THE ABC's of Rotary

**(Taken from "The ABCs of Rotary", a Rotary International publication
originally prepared by**

Dr. Cliff Dochterman who was RI President in 1992-93)

#21: World Understanding Month

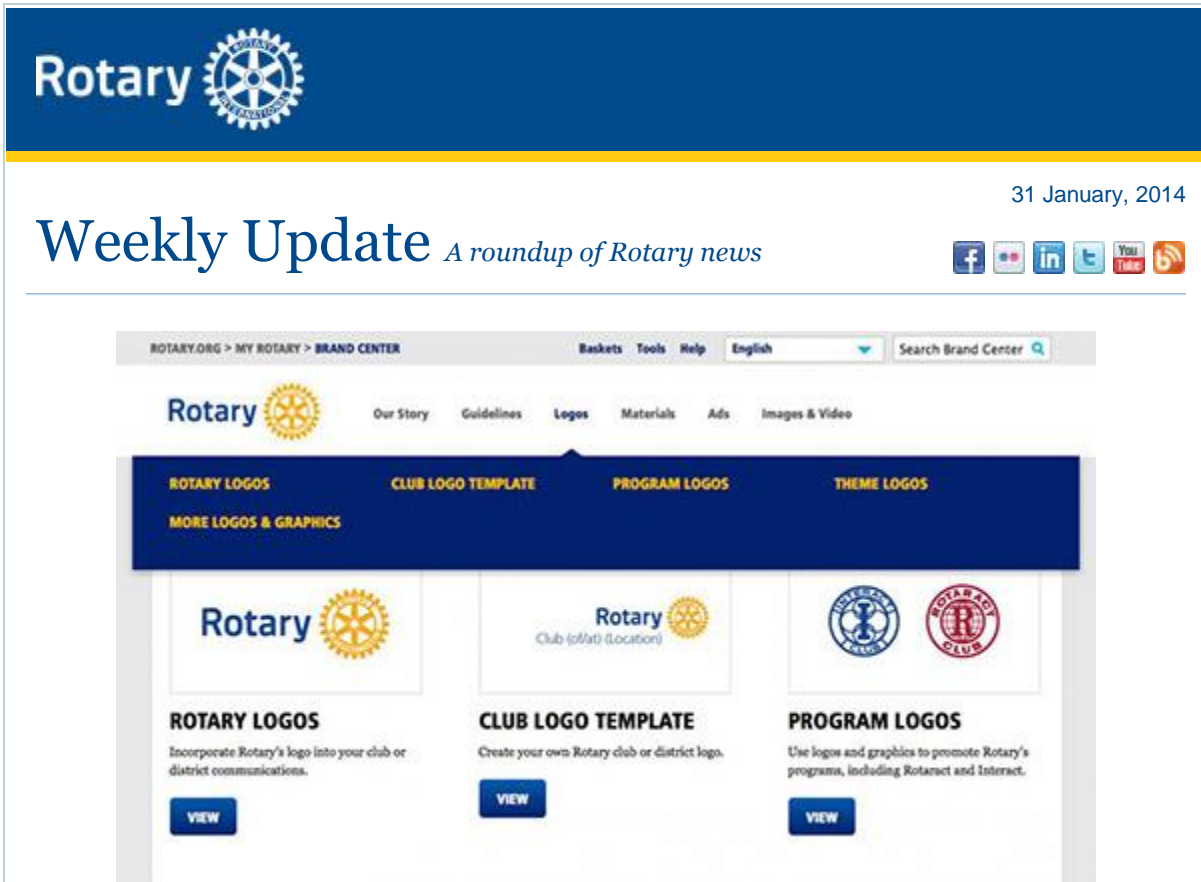
The month of February is special in the Rotary calendar since it is designated World Understanding Month. The month also includes the anniversary of the first meeting of Rotary held on 23 February 1905, now designated World Understanding and Peace Day.

In designating World Understanding Month, the Rotary International board asks all Rotary clubs to plan programs for their weekly meetings and undertake special activities to emphasize "understanding and goodwill as essential for world peace."

To observe this designated month, invite Youth Exchange students and international scholars from schools and universities to club meetings, plan programs featuring former Group Study Exchange team members, arrange discussions on global issues, present entertainment with an international cultural or artistic theme, and schedule other programs with an international emphasis.

Many clubs take the opportunity to launch an international community service activity or make contact with a Rotary club in another country. It is a good month to initiate a Rotary Friendship Exchange, a 3-H project or encourage support for PolioPlus and other Rotary Foundation programs.

World Understanding Month is a chance for every club to pause, plan and promote the Fourth Avenue of Service—Rotary's continued quest for goodwill, peace and understanding among people of the world.



Discover the Rotary Brand Center

It's now easier than ever to strengthen Rotary's image in your community with the materials and resources available in the Rotary Brand Center. Launched earlier this month, the Brand Center offers a simple and intuitive way to customize your club logo, create a marketing brochure, or give your newsletter a fresh look. [Read more.](#)

- [See examples of how clubs are putting our new look to work](#)
- [Promote the Brand Center to your members](#)
- [Share how your club is using the visual identity on Pinterest with #rotarystory](#)

In other news

A voice for polio eradication in Nigeria

Sir Emeka Offor likes to describe himself simply: He is the son of a policeman, born in the small town of Kafanchan, Nigeria. It is a way of reminding himself of his humble origins.

[Thailand run raises money for polio eradication](#)

Rotary member Neo Lothongkum is spending a month crossing the country to support Rotary's End Polio Now campaign and water projects.

[The history of Paul Harris Fellow recognition](#)

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation of Rotary International.

Announcements

[Turkish Rotary members produce a Braille cookbook for the visually impaired](#)

[New sites released for 2014](#)

[Win a camera in The Rotarian's 2014 photo contest](#)

[Join a discussion on how to attract, engage, and keep members](#)

Resource guide



[Rotary Leader](#)

Learn how Georgia, USA, Rotarian Marion Bunch partnered to build healthy communities through Rotary Family Health Days.



[Rotary Showcase](#)

Irene Wagemma, a member of the Rotary Club of Nairobi Parklands, Kenya, established the Zabibu Centre to train and provide rehab for girls with special needs. Read more about this project or browse projects on Rotary Showcase.



[ideas.rotary.org](#)

The Rotary Club of Cavite Export Processing Zone, Philippines, is seeking financial contributions to pay for a kidney transplant for an 18-year-old boy. Learn how you can help, or use Rotary's crowdsourcing platform to promote your own project.

Weekly Update brings you the latest Rotary news, features, and links to resources that will equip you for all your Rotary activities. Use this content free of charge in any of your Rotary communications, including club or district newsletters and websites. Download free photos at [Rotary Images](#).

Sebastopol Rotary's 12th Annual

CRAB FEED

Saturday, February 8, 2014

First Seating: 5:00 p.m.

(Bar Opens & Music Starts at 4:00 p.m.)

Second Seating: 7:00 p.m.

Holy Ghost Hall, 7960 Mill Station Road, Sebastopol

**Get your tickets
NOW!!**

**Seating is
LIMITED**

**This event sells out
EARLY**



**Tickets are
available in
Sebastopol from**

**EXCHANGE
BANK**

**All You Can Eat Fresh Cooked Crab,
Clam Chowder, Salad, Bread,
Dessert & Wine
\$55 Donation**

For Tickets or Information, go to:

www.SebastopolRotary.org

or call 823-4087

**All proceeds of this event will be used to fund
Sebastopol Rotary's Education Grant Programs**

**Over \$189,000 in Teacher Mini-Grants
Awarded to Date**